

Senior Citizen Fall 2007 Specialist Program

Specialist classes are free to all Yonkers Senior Citizens 60 years of age and older. Registration is on a walk-in basis. The 10 Week Fall Session starts October 1, 2007.

Arthritis Exercise *new*

Friday 1:00 P.M.
Chema 435 Riverdale Ave.

Chair Exercise

Wednesday 12:30 P.M.
Coyne 777 McLean Ave.

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Line Dance

Intermediate/ Advance

Wednesday 10:30 A.M.
Cola 945 No. Broadway

Intermediate/ Advance


Thursday 12:00 P.M.
Nodine 140 Fillmore St.

Beginner Plus

Friday 11:00 A.M.
Coyne 777 McLean Ave.

Beginner *new*

Friday 1:30 P.M.
Scotti 680 Bronx River Rd.

 Line Dance students must Call hotline 377-6454 by 9 A.M. morning of class to check for any cancellations.

Outdoor Tai Chi *new*

Thursday 11:00 A.M.
Untermeyer Park Gardens
945 North Broadway
Rain site: Community Room

Pilates

Monday *new* 10:30 A.M.
St. Casimir Community Room
289 Nepperhan Ave.

Tuesday 11:30 A.M.
Nepperhan Community Center
342 Warburton Ave.

Wednesday *new* 11:00 A.M.
Rauso Post 178 Waverly St.

Tai Chi

Tuesday 11:00 A.M.
Chema 435 Riverdale Ave.

Monday 1:00 P.M.
Nodine 140 Fillmore St.

Water Color

Wednesday 10:00 A.M.
Nodine 140 Fillmore St.

Friday 12:00 P.M.
St. Mark's Church Hall
1373 Nepperhan Ave.

Yoga

Monday *new* 10:00 A.M.
Chema 435 Riverdale Ave.

Monday *new* 11:30 A.M.
Brynmawr 20 Buckingham Rd.

Tuesday 11:30 A.M.
Nodine 140 Fillmore St.

Tuesday 1:00 P.M.
Cola 945 No. Broadway

Wednesday 11:30 A.M.
Runyon 21 Runyon Ave.

Thursday 10:30 A.M.
Coyne 777 McLean Avenue

Silver Stars Walking Program *

Monday *new* 11:30 A.M. Tibbetts Brook Park

* Call our hotline 377-6454 by 9 A.M. morning of class to check for any cancellations. * This program starts Sept. 10. You must register for this walking program by calling Sandy at 377-6444.

IMPORTANT TO READ

For more information on our specialist programs call **Sandy Korkatzis** at 377-6444. In case of inclement weather call our **HOTLINE** (914) 377-6454 after 9 A.M. for class cancellations.